

Flight Jacket

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Military appreciation day

Padres host Marines at military home opener

by Sgt. Kimberly L. Wilkie

PAO, MCAS Miramar

The San Diego Padres hosted the fifth annual Military Opening Day at Qualcomm Stadium in San Diego, April 13.

The only Major League baseball team that offers a military appreciation day of this kind, is the Padres, according to the team's media relations office.

Special half-priced tickets were made available to military members and their families at local Marine Corps Community Services ticket outlets.

During the opening ceremonies, Marines and Sailors of the year and quarter from local bases were given special recognition.

Each service member's name, command and a live video shot was presented on the scoreboard jumbotron during the presentation ceremony. Sgt. Melissa L. Cortez, an aviation ordnance Marine with Marine Heavy Helicopter Squadron 466, and Lance Cpl. Daren D. Rademacher an aircraft res-

cue firefighter with Headquarters and Headquarters Squadron, were honored as Marine Corps Air Station Miramar's Noncommissioned Officer of the Quarter and Marine of the Quarter, respectively.

The military special-events support included appearances by Marine Corps mascot "Corporal Joe" the bulldog, a Marine mounted color guard and a pre-game jump into the stadium by the Navy Leap Frogs parachute team.

The crowd of approximately 18,500 participated in a moment of silence for the 19 Marines killed in the

recent Osprey accident. Marine Corps Air Bases Western Area Commander, Maj. Gen. William G. Bowdon, delivered a ceremonial first pitch to start the game. During the pre-game ceremonies the Padres announced two new special military programs.

First, the club will issue lifetime passes for regular season games to all Southern California World War II and Korean War former prisoners of war.

Secondly, the Padres are conducting a season-long fundraising campaign to help build the national World War II Memorial in Washington.



photo by Sgt. Kimberly L. Wilkie

Padres players observe a moment of silence for the 19 Marines killed April 8 in Marana, Ariz. The Padres wore specially designed camouflage jerseys for the ballgame in recognition for the dedicated service of our military service members.

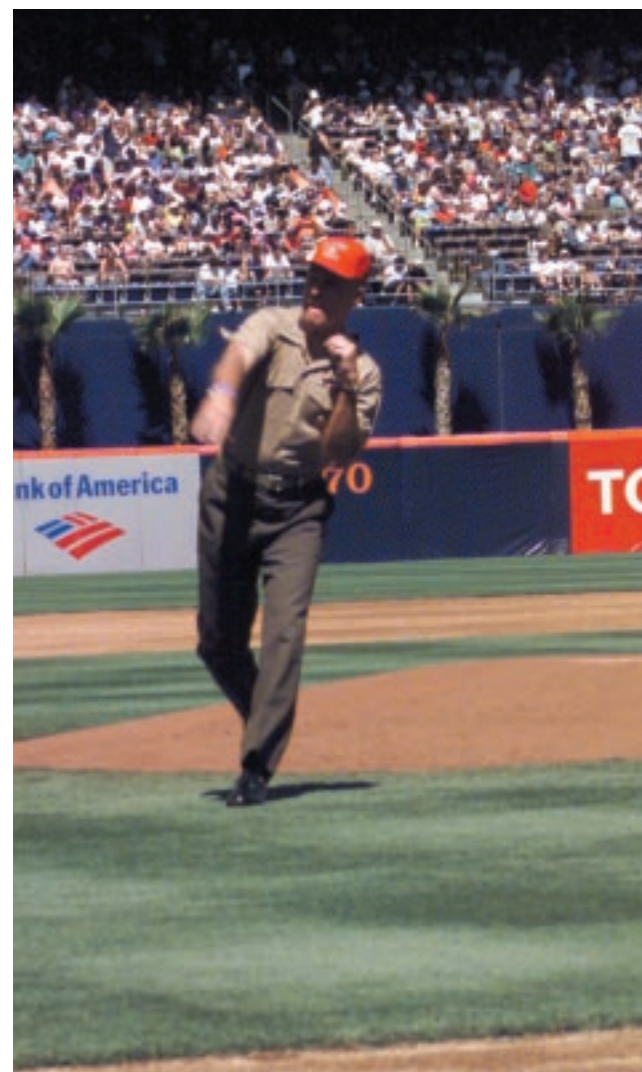


photo by Sgt. Kimberly L. Wilkie

MCABWA Commander, Maj. Gen. William G. Bowdon, throws the opening pitch at the Padres fifth annual Military Opening Day at Qualcomm Stadium, San Diego.

Volunteers lend a hand to service members, receive thanks

by Staff Sgt. Ted L. Hansen

PAO, MCAS Miramar

Every day there are hundreds of hands toiling aboard Miramar that perform their work for free. In all, about 500 volunteers lend a hand in support of the Marines, Sailors, civilians and retirees here.

About 180 of the volunteers were formally recognized April 12, during the second annual Volunteer Recognition Luncheon held at the Officer's Club.

Commander, Marine Corps Air Bases Western Area, Maj. Gen. William G. Bowdon, and his wife Sally presented certificates and gifts to station volunteers. Chief of Staff, 3d Marine Aircraft Wing, Col. Joseph A. Byrtus, and 3d MAW Commanding General, Maj. Gen. M.P. DeLong's wife, Katherine, presented the same to 3d MAW volunteers.

Each volunteer received a pen set and a certificate of thanks for their many selfless hours of service.

"Sometimes 'thank you' is all you can give for all they give," said Capt. Mary Bradford, director of Family Team Building,

Marine Corps Community Services here. She said the gifts were just a token of thanks symbolizing the debt of gratitude the volunteers are owed, but could never be repaid.

"We don't have Marines or civilians to fill the spots and do all the things you do," Maj. Gen. Bowdon told the volunteers. Volunteers represented many programs and organizations including, the American Red Cross, Key Volunteer Network; Lifestyle, Insights, Networking, Knowledge, Skills; Navy-Marine Corps Relief Society, Navy-Marine Corps Wives Food Locker, Youth Sports, Sports and Aquatics, Retired Activities Office, Military Parish Visitors, Command Museum, Station Library, and the Nearly New Shop.

"The support the Marines receive from these organizations is vital to the operations of this air station," the general said.

Some volunteers said they signed up to learn more for themselves, others to pass the time, but most volunteers agreed they do



Commander, Marine Corps Air Bases Western Area, Maj. Gen. William G. Bowdon, and his wife Sally present Navy-Marine Corps Relief volunteer Rickie Orzen with a certificate and gift as a thank you for her support to the Marines, Sailors, civilians and retirees here. About 180 volunteers were honored at the second annual Volunteer Recognition Luncheon held here recently. The approximately 320 remaining volunteers who were unable to attend were not left out. They received their recognition by mail.

photo by Staff Sgt. Ted L. Hansen

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Flight Jacket



Maj. Gen. M.P. DeLong
Commanding General
3d Marine Aircraft Wing

Maj. Gen. William G. Bowdon
Commander, Marine Corps
Air Bases Western Area

Maj. Stephen H. Kay
Director, Public Affairs Office

Capt. Kimberley J. Miller
Deputy Director, Public Affairs Office

1st Lt. Edward J. Morales
Managing Editor

Staff Sgt. J. Kinchen-Schneider
Internal Information Chief

Cpl. David Hercher
Cpl. Carolyn S. Sittig
Editors

Staff Sgt. Ted L. Hansen
Staff Sgt. Jason N. Mayer
Sgt. Jackie Poucher
Sgt. Kimberly L. Wilkie
Lance Cpl. Kristopher S. Haloj
Combat Correspondents



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ACMC reports coming changes, recent success to Miramar SNCOs

by Staff Sgt. Ted L. Hansen

PAO, MCAS Miramar

Assistant Commandant of the Marine Corps, Gen. Terrence R. Dake, shared breakfast and a message of coming changes and a significant recent victory for the Corps, dur-



Official USMC photo
Gen. Terrence R. Dake
Assistant Commandant of the Marine Corps

ing a brief visit here Monday.

Gen. Dake began his message to the crowd of about 40 staff noncommissioned officers by sharing strategies resulting from the recent three-star executive offsite conference. The general said the Corps will soon begin a gradual personnel shift targeted at manning fleet battalions at a minimum of 90 percent. He said this would be accomplished by decreasing the number of Marines assigned to bases and stations, and shifting more Marines to battalions, squadrons and the groups that directly support them.

"I'm not sounding the alarm here," Gen. Dake said. He encouraged the SNCOs to keep an active dialog with Headquarters Marine Corps via the chain of command to ensure the process doesn't make excessive reduction to base and station numbers.

Safety was another key issue Gen. Dake mentioned. He used the example of a sergeant major who recently died in a motorcycle accident. Doctors said his life would likely have been saved if he had been wearing a helmet, as Marine Corps Orders require.

"We have to take responsibility for

[safety]," said the general. He further explained that every year the Corps loses 2,000 Marines due to fatalities, suicide and serious, debilitating injuries. "We are people who go full-throttle, [in] whatever we do," said Gen. Dake. He said not only are they (the Marines) tragic losses for the individuals and their families, but it is also a costly loss for the Corps.

"You don't just get a recruit and send him down to the depot and grow a sergeant major. It takes years to grow and cultivate a Marine with that experience," Gen. Dake said.

The significance of such losses has prompted the Corps to categorize safety differently. Now, off-duty activities are to be weighed for safety the same as duty related tasks. He said it should be considered a force protection issue and given the same risk management consideration during off-duty activities as it is given during mission planning.

Bases will also stop being used as "bill

See **Gen. Dake**, Page 10

Liberty call Training mission lands Marines in San Francisco

by Sgt. Kimberly L. Wilkie

PAO, MCAS Miramar

Approximately 230 Marines from Marine Corps Air Stations Miramar, and Yuma, Ariz., and Marine Corps Base Camp Pendleton, Calif., recently returned to San Diego from a 10-day trip to the San Francisco Bay area with the Amphibious Ready Group. The group was comprised of the *USS Tarawa*, the *USS Duluth* and the *USS Anchorage*.

The trip was part of a Special Purpose Marine Air Ground Task Force exercise in San Francisco with a three-fold mission: To conduct shipboard training, and carrier qualifications, and to support the Com-

mander Amphibious Squadron Five's port visit to San Francisco. The exercise also aided in supporting recruiting efforts in the region and reinforced the presence of the Navy and Marine Corps' long-standing relationship and commitment to the people of the Bay area after arriving.

The Marines aboard used the training to prepare for the upcoming 13th Marine Expeditionary Unit Western Pacific deployment scheduled this summer.

"Seeing San Francisco offered a nice break between training weeks for all the Marines who worked so hard," said

See **USS Tarawa**, Page 10



photo courtesy of USS Tarawa

The *USS Tarawa*, an amphibious assault ship, as part of an amphibious ready group that included the *USS Duluth* and the *USS Anchorage*, recently pulled into San Francisco Bay underneath the world-famous Golden Gate Bridge. The 10-day trip gave the Marines and Sailors aboard a chance to train before the upcoming 13th Marine Expeditionary Unit's Western Pacific deployment scheduled this summer. The service members also ceased this opportunity to tour the city. The Marines and Sailors conducted tours of the ships for more than 4,000 visitors.

'Ghost' takes charge of Red Devils

by Staff Sgt.
Ted L. Hansen

PAO, MCAS Miramar



Official USMC photo
Lt. Col. Terrance "Ghost" Gould

Lieutenant Col. Terrance "Ghost" Gould assumed command of Marine Fighter Attack Squadron 232 from Lt. Col. William "Stump" Miles, Thursday.

Miles will be effectively retired from the Marine Corps Aug. 1. During his 27-year career, Miles

has logged more than 3,300 flight hours in a variety of aircraft. He plans to settle down in his hometown of San Diego with his wife, the former Joanne Pasenelli, also a San Diego native, and their three children, Shannon, William, and Casey.

Gould comes to the "Red Devils" following a tour as the G-1 officer at 3d Marine Aircraft Wing Headquarters. He holds a bachelor's of science in aeronautics from Parks College of St. Louis University. Additionally, Gould has earned a master's degree from the National War College.

His military experience includes more than 3,700 flight hours in the F/A-18 "Hornet" and the F-4 "Phantom." Gould's experience also includes the completion of four Western Pacific deployments, Top Gun, Weapons Tactics Instructor Course, and Aircraft Maintenance Officer School. He has also graduated from the Marine Corps Command and Staff College.

Through the years Gould has served in many billets, including operations officer, aviation safety officer and as the Fiscal Officer for Marine Aircraft Group 31. His personal decorations include the Meritorious Service Medal and the Navy/Marine Corps Commendation Medal. Gould currently resides in San Diego with his wife, the former Tammy Lee Tipps of Fairfield, Ill., and their daughter Kallie Jo.



Official USMC photo
Lt. Col. William "Stump" Miles

Briefly

Gonzales Hall serves special meal

A special meal will be served in observance of Easter Sunday, at Gonzales Hall from 3 to 5 p.m. (the new dining facility). Family members and civilian employees are welcomed. The meal will cost \$4.10 for people without meal cards.

For family members of corporals and below, the meal will cost \$3.35. For more information, call Master Sgt. Sprawling at 577-1380. The menu is as follows:

*Steamship Round of Beef
Mashed Potatoes
Broccoli
Scalloped Corn
Make your own salad
Cottage Cheese with peaches
Jellied Perfection Salad
Country Style Tomato Salad
French Creme Frosting
Whipped Topping
Dinner Rolls
Baked Ham
Glazed Sweet Potatoes
Cheese Sauce
Colored Easter Eggs
German Coleslaw
Tomato Juice Cocktail
Spice Cake
Chocolate Creme Pie
Oatmeal Cookies*

Recovery Games volunteers sought

The City of San Diego Park and Recreation’s Disabled Services Program is looking for volunteers for the final day of the upcoming Recovery Games, May 13.

This weeklong annual event is a series of physical activities for recovering alcoholics and drug addicts.

For more information, call (619) 525-8247 or (619) 525-8249.

Mentors sought

The Program for Academic and Language Services is a small non-profit organization that needs adults to coordinate their exchange program.

Coordinators will screen local host families for the incoming students and act as a liaison between the program and schools. For more information, call 1-888-PALS-747 or e-mail *exchange@net-port.com*.

Summer classes available

Miramar College is offering classes for the summer session on base. Classes start June 12 and run through Aug. 5. Registration starts May 15.

English 101 “Reading and Composition” and Speech 103 “Oral Communication” are every Monday and Wednesday from 6-9:30 p.m.

English 205 “Critical Thinking and Intermediate Composition” and Biology 105 “Principles of Biology” are every Tuesday and Thursday from 6-9:30 p.m.

Band building to be dedicated

The 3d Marine Aircraft Wing is dedicating its new Band Hall during a ceremony April 28 at 6 p.m. at Building 3379 here. For

more information, call 577-8294. The following are events that will take place during the Marine Corps Musicians Association Reunion and building dedication:

- Thursday, 7 p.m. – Memorial concert at the Poway Center for the Performing Arts.
- Friday, 8 a.m. – Morning colors ceremony at 3d MAW Headquarters Building.
- Friday, 6 p.m. – Building dedication and evening parade at Building 3379.
- April 30, 2 p.m. – Memorial concert at the Poway Center for the Performing Arts.

Curbside recycling available

Curbside recyclables will be picked up every Tuesday at 7 a.m. in base housing. All bins must be on the curb to be picked up.

Base Museum opens

The Flying Leatherneck Museum will have a “Grand Opening” May 25 from 3-6 p.m. at the Officer’s Club near the static display area. There will be several distinguished guests, food and entertainment. Radio host Roger Hedgecock will broadcast live.

Education Center offers military testing

The base Education Center located in the old chow hall is holding the Armed Services Vocational Aptitude Battery every week, Monday-Friday from 11:55 a.m.-12:30 p.m.

They also have the Military Academic Skills Program for privates through sergeants major. The program helps Marines improve their General Technical scores, reading, writing, mathematics and communications skills. The class is held every five weeks. For more information on either program, call 577-1801.

Marine Corps recognizes military children

April has been designated to acknowledge sacrifices made by military children. Because of the frequent moves, deployments, and other separations military children face unique challenges.

Parents are encouraged to pay extra attention to their children and take time to thank them for their unspoken support.

Car show entrants needed

Marine Corps Air Ground Combat Center Twentynine Palms, Calif., is holding a car show June 3. Marines are encouraged to participate. Categories include “Best of the Show,” “Best Paint,” and others.

The cost is \$15 for advance entry or \$20 at the gate. Call (760) 830-6296 or e-mail, *vollmerm@29palms.usmc.mil* for an entry form.

Gain control through finance program

Marines can receive free financial counseling, budget planning, debt management and more through the base Personal Financial Management Office with Tom Graneau in Building 2274, near the post office.

For more information, call 577-9802.

New USO open

The USO center recently opened at Lindbergh Field, San Diego, making it the nation’s largest center. The center offers numerous assistance programs and services.

It is open to all service members and their families. For more information, call (619) 296-3192.

How does your garden grow?

Courtesy of Linda Jackowski

Safety Department, MCAS Miramar

We’ve had our Southern California “rainy season.” We were diligent in fertilizing our yards and gardens, and low and behold, the grass (and perhaps quite a few weeds too) have grown! Now comes the fun of mowing and trimming the monster lawn we’ve created!

Each spring and summer, hospital staff members see the results of injuries caused by power lawn mowers. Many of these incidents result in painful injuries, loss of fingers, toes and even eyes.

Consider the following mowing mishaps, consequences and patterns:

- A first lieutenant was mowing long wet grass. The grass began to back up at the discharge opening. She reached into the discharge chute and tried to brush away a clump of grass when her fingers were struck by the blade. Contact with the rotating blade often occurs when the victim is clearing the discharge chute of grass clippings, especially when the grass is wet or when the victim adjusts the machine without turning it off and waiting for the blade to stop, or when the machine hits an obstacle, such as a rock, and the victim’s foot slips under the housing.

- A staff sergeant using a riding mower on a steep backyard terrace started to overturn. He rolled over with the mower, and the blades came down on his left leg. Overturning occurs when riding mowers are used on steep slopes or embankments. The victims come in contact with the blades or sus-

tain injuries during the fall.

- A gunnery sergeant mowing grass in a hickory tree grove, ran over a hickory nut. The nut was thrown through the discharge chute, ricocheted off the house and hit his son in the right eye. Propelled objects from a typical rotary mower blade tip reach a speed of 200 mph. At this speed the mower can pick up an object and hurl it out the discharge chute 50 feet or more.

Safety suggestions:

- *Regard your mower as a piece of power equipment and teach others to respect it.*

- *Read the owner’s manual and pay attention to its recommendations before each use.*

- *Never allow young children to operate power mowers.*

- *Keep children and pets in the house, or at the very least, away from the operating area.*

- *Remove stones, sticks, wires and debris from the area before you start.*

- *Mow only during daylight.*

- *Wear sturdy, rough-soled work shoes and close-fitting slacks and shirts. Never operate the mower in bare feet, sandals or sneakers.*

- *Always turn off the engine when leaving the mower even if for a short time.*

- *Never mow a wet lawn.*

- *Mow across a gentle slope when using a walk-behind mower. Drive up and down the slope when using a riding mower.*

Apply operational risk management before revving up the mower. It can give you a safety edge.

Papa John's Pizza

Corps



Briefs

Honoring fallen warriors means more than you know

Commentary by
Sgt. Maj. Robert W. Holub

Marine Forces Pacific Sergeant Major

CAMP H. M. SMITH, Hawaii — I was reading a veterans magazine the other day, and I found a letter to the editor that reminded me of a story that happened right here in Marine Forces Pacific a few months ago. The letter dealt with the lack of proper respect being given to departed veterans and it spoke about us (not the Marine Corps specifically) on active duty doing the right thing in regards to final honors for our departed veterans. Because we in the Force are tasked with providing burial details from time to time, I thought it would be appropriate to share with you two very different stories concerning this issue. First is the letter to the editor.

Dear Editor,

*I am appalled at the apathy of some people at Fort ***** regarding burial at the Fort ***** Cemetery. Have they forgotten or simply do not understand the word commitment? It means to bind, as a promise or a pledge. On military posts, units are committed to various training functions for students. They are committed to be at certain places at certain times, no excuses.*

*If Fort ***** is so short of personnel, why then are soldiers in the snack bars, PX, gyms, driving on and off post during duty*

hours when the flag at the National Cemetery is at half mast, with only two soldiers trying to meet the commitment of a nation and an honorable and deserving veteran and his family?

Shame, shame! The family and the friends of honorable veterans deserve to have their heroes buried in proper military fashion.

(signed)

*Mr. *** ******

As you can see from the tone of his letter, this gentleman was pretty upset.

Like a round that goes down range if you screw up a burial detail, there is no second chance to do it over again. Once it's over, like that round that is fired down range, you can never call it back. All the "I'm sorry — it will never happen agains" mean little to the family of the departed veteran who did not receive his or her proper honors at the gravesite. Believe me when I tell you there are a few things in this life you only get one chance to do correctly. The honorable burial of our nation's veterans is one of those things, and that is what I would like to speak to you about this week.

Now while the above story was not very good, the following story should make you as proud as it made me the day it occurred, and as I write it now. It occurred right here in the Force shortly after I was posted as the



Official USMC photo

Historical photo of the Battle at Iwo Jima
Force Sergeant Major in November 1998.

I was in my office one morning pushing some paper when one of my Marines stuck his head in the hatch and informed me that I had a call from a Mr. ***. Not knowing what it was about I picked up the phone and asked if I could help him. The gentleman on the other end of the line explained to me he was a former World War II soldier and was calling to thank me on behalf of his family for what the Marine Corps had done for him and his son. You see his son died unexpectedly on active duty and while the father made funeral arrangements, he called his son's branch of service and asked that they provide a bugler at the cemetery to blow "Taps." The father was told by some geek on the phone that they could not support his request because they did not have enough people. He told him if he really wanted someone to play "Taps" to call the local VFW or some other civilian agency and ask if they could help him out. To say the father was upset would be an understatement at this point. Now I will be honest with you: if I had not spoken to the father myself, I would have had a hard time believing someone in any branch of service could be so callous at a time like that but they were.

The father, in shock and in grief, could not think of who else to call or who to ask on such short notice or even where to get started to try to find a bugler, but all of a sudden it dawned on him. "Which is the most military of all the services? And who does things right?" Yep, you guessed it, he figured, "I'll call the Marines. ... They will know what to do. They will help me. ... They will help me. ..."

Well, he called a couple of numbers from the phone book to units at MCB Kaneohe Bay and each time is greeted with a cheerful, "May I help you, sir?" by the Marine on the other end. Before long he was given the phone number of the Marine Forces Pacific

Band here in Hawaii and as he explained his dilemma to the Marine on the phone he gets something he did not expect when he called. Instead of getting yet another number to call, the Marine from the band he was speaking to told him not to worry. A U.S. Marine would be there to sound his son's final call. He again identified himself as a former soldier and that his son was not a Marine, but the Marine from the band said, "Sir, it is all right. I will take care of it." Elated, the father began to cry.

The Marine he spoke to at the band that day happened to be Staff Sgt. Grady May. Staff Sgt. May did what we expect of all our Marines to do under these circumstances. He did what he knew in his heart was the right thing to do. He took charge, made a decision and did the right thing. He knew the son was not a Marine, but it did not make a difference to him. All he knew was that a father who had just lost his son needed help and, by God, he would help him. That's what Marines do. ... After getting all the information from the father, Staff Sgt. May told him not to worry — a U.S. Marine would be there at the grave site as he laid his son to rest, and he was.

Even in the father's grief, he still took the time to call me to thank the Marine Corps, Staff Sgt. May, and the Marine Forces Pacific Band for being who we are and what we stand for. I cannot tell you how proud I was to take that call that morning. After we hung up, I called Staff Sgt. May and personally passed on the "thank you" to him from the father and congratulated him on a job well done. I then called Chief Warrant Officer 4 Robert Farmer, the director of the band, and finally told the story to the commanding general at the time, Lt. Gen. Carlton Fulford, who was so proud of Staff Sgt. May

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Berkeley Books

200-mile CASA run

MALS-16 Marines help make a difference

by Sgt. Kimberly L. Wilkie

PAO, MCAS Miramar

A team of four Marines ran more than 200 miles from Marine Corps Air Station Miramar to San Bernardino, Calif., recently.

The team members were all Marine

Aviation Logistics Squadron 16 Marines stationed here.

Master Sgt. Henry Barrington, consumable management division staff non-commissioned officer-in-charge; 1st Lt. Elizabeth Perez,

logistics officer; Sgt. Tessie Madero, audit clerk; and Lance Cpl. Formaine Babuata, supply clerk, ran the distance to bring attention to San Bernadino's Court Appointed Special Advocacy Program.

"We want to wake people up and get more of the community involved on behalf of the children," said Barrington.

The children he speaks of are the more than 430,000 children nationwide that are removed from their homes and placed in foster care because they are victims of abuse, neglect or simply abandoned by their families each year. Because of the huge amount, many of these children fall between the cracks of the overburdened child welfare system.

Funded by the 1974 Child Abuse Prevention and Treatment Act, CASA was

developed in 1976 by Judge David Soukop, the presiding Judge of King County Superior Court in Seattle. Soukup decided to make a program to train individual volunteers who could commit to follow a child's case until it was completely resolved.

This idea became a full-fledged

program in 1977 and word spread over the country. Today there are more than 600 CASA programs nationwide with more than 38,000 volunteers who follow their

children's cases,

speak up for them and see that their needs are being met.

The recent run was to support the CASA program for San Bernardino, Calif. The Marines selected this program because of the need for CASA volunteers in that region. According to Barrington, most of the children are the victims of an active rival gang society that currently disrupts many lives in this impoverished section of Southern California.

"What really impressed me about these kids," said Perez, "is that of the 1,100 kids, only seven are actually law breakers."

"People think that kids forget things. When in reality, child abuse often times perpetuates the cycle, turning its victims into abusers," said Barrington. He also said he believes early intervention in these

"We want to wake people up and get more of the community involved on behalf of the children."

- Master Sgt. Henry Barrington, consumable management division SNCOIC



photo by 1st Lt. Elizabeth Perez

(From left to right) Sgt. Tessie Madero, Master Sgt. Henry Barrington, and Lance Cpl. Formaine Babuata, all with Marine Aviation Logistics Squadron 16, finish the last leg of the more than 200 mile run recently performed by the Marines to support the Court Appointed Special Advocacy program. The national program trains citizens to be someone "in the corner" of the more than 430,000 children currently involved in the child welfare system. The vast majority of these children are in foster care because of abuse, neglect or abandonment. CASA volunteers must be committed to finish the race with the children they have committed to speak on behalf of, just like the four Marines who ran to bring attention to the plight of these children.

kinds of circumstances can make the difference, giving kids a chance to grow up healthy and unburdened by the often times cruel treatment many received. Each member of the team ran more than 26 miles over the four-day course, stopping each night to rest and recuperate. They remained focused despite obstacles that came their way. "No one lost their cool. Everything was manageable and we had a great time," said Perez. Team members dodged rattlesnakes, and endured blisters

and dehydration on the dust filled back roads in the breezeless upper 80-degree temperatures. Babuata even lost a toenail from the long mileage. "But the pain is nothing to what those children are going through on a daily basis," said Barrington.

According to Barrington, all of MALS-16 was behind the endeavor. "Everyone came through. The whole command was very supportive from the junior Marines to the commanding officer."

MCCS

Need ca\$h?

Build a cash reserve for peace of mind

by Tom Graneau

Personal Financial Management Office

One of the best financial decisions you can make is to build a cash reserve to provide ready cash in the event of an unforeseen crisis.

There are many reasons you may need to do so; a car breakdown, a leaky roof, unexpected travel, a job layoff, a business failure, braces for kids, a son's or daughter's wedding, and a host of other reasons. In each of these cases, you need cash fast to take control of the event.

Like the saying goes, "Life is what happens while you're making other plans." Something expensive is sure to happen when you least expect it.

For all of life's unexpected events, both good and bad, you need a cash reserve to help you get through them.

How much should you keep in reserve?

The amount kept in reserve depends on two factors: *your monthly expenses* and the *stability of your income*.

First, focus on how much you spend each month. Your reserve should be a multiple of your monthly spending — for example, 2x, 5x, or even 12x. The multiplier you choose should be based on the second factor, which is *income stability*. If your income is stable, your multiplier will be low.

For instance, if you and your spouse each have highly-secured jobs, two months' worth

of spending is probably sufficient. On the other hand, if you are single with an uncertain income, you might need to keep 12 months' worth of spending in cash reserve.

The point is, you should maintain enough cash reserve to get you through rough times. While that's important, it's equally important to maintain only enough, because the interest rate on your reserve will be a lot less than virtually any other investment you might consider.

Leave your Reserve Alone!

If you determine \$10,000 is the right amount of reserve for you, put that money away and never touch it unless you have a crisis. If you know you're going to incur a large expense within the next two years, such as a home improvement, the purchase of a car, a wedding or college expense, stash those amounts away in a separate reserve.

The same is true for occasional expenses such as Christmas shopping. The goal is to maintain your reserve at its fully-funded level at all times. If a crisis forces you to spend some or all of your reserve, your first task is to replenish it as soon as possible.

Six Places to Store your Reserve:

- Your mattress (*Don't laugh!*)
- Savings account
- Checking account
- Money market funds
- U.S. Treasury Bills
- Short-term bank CDs and/or commercial papers

Nothing else qualifies. Although many people often use the following investments to store their reserve, they are nevertheless unsuitable.

- *U.S. Treasury Notes* – Unlike T-Bills which mature in 30 days, notes mature in two to 10 years. That's too long to wait for your money if an emergency strikes.

- *U.S. Treasury Bonds* – These mature in 30 years. If two-year notes are too long, it goes without saying that 30-year bonds are absolutely too long.

- *U.S. EE Savings Bonds* – They don't qualify as reserves until six months after you buy them.

- *Bank CDs and Commercial Papers* – Unless, of course, they mature within one year or less. Commercial papers are CD-like investments that are offered by large corporations instead of banks.

- *Life Insurance Cash Value* – Yes, this is a cash equivalent. But no, it is not suitable for use as a reserve investment because of potentially large surrender penalties, tax risks, and other restrictions.

- *Fixed Annuities* – This is the insurance industry's version of bank CDs. They typically offer a slightly-higher interest rate and tax advantages. However, annuities are not acceptable as a reserve because of tax penalties and surrender charges.

Tom Graneau may be reached at Miramar's MCCS Personal Financial Management Office, (858) 577-9802.

GSA



photo by Sgt. Kimberly L. Wilkie

Pfc. William Patino, military dog handler here, relies on a 40-pound bite resistant suit to prevent injury during K9 attack training. The task of being a “subject” is not only training for the dogs, but it is used as on-going training for the handlers themselves. In order to maintain their “cool” under duress, trainers must know what to expect from all dogs in general and the specific dogs they work with. It also ensures the dogs will properly respond to the commands given to them with unquestioning obedience when working in situations where there are no second chances to get things right.

‘Teamwork’– K9 units gives term a bit of a twist

by Sgt. Kimberly L. Wilkie

PAO, MCAS Miramar

“I have a partner that will die for me in a heartbeat,” said Lance Cpl. William L. Abbott, military dog handler with Marine

Corps Air Station Miramar’s K-9 unit. “It’s like having a force-field, a shield, around you all the time.” That statement would accurately sum up a description of the handler-dog relationship stated by Master Sgt. Gary

Bowling, Department of Defense Military Working Dog program manager assistant at Lackland Air Force Base, Texas, during an interview last year by Air Force News. Bowling said each dog has its own intelligence level and personality. A dog and a handler train together and soon become a “team.” “The handler learns to recognize certain traits and personality characteristics of the dog. The dog also learns certain verbal and nonverbal signals by the handler. That is especially important during searches and apprehensions, where the dog watches over the handler as he makes an arrest and handcuffs a person. Should there be an attack on the handler, verbal or non-verbal commands will be given and the dog will respond,” Bowling said. According to Sgt. Robert L. Larez, noncommissioned officer-in-charge of training at the K-9 unit here, the handlers manipulate the dogs’ natural instincts of both hunting and pack behavior. The handler of the dog becomes the “leader of the pack” in the mind of the dog. The dog’s main goal is to protect and hunt with “his” human. The resulting benefits are the dog is very protective of his handler and wants to perform the commands given by “his” leader, or handler, said Larez. In other words, the dog must have total respect for his handler. Another trait of the dog’s natural instinct is to ensure no takeover of the pack is required. He does this by occasionally testing his master, according to Larez. In a dog’s world of survival only the mentally and physically fittest can lead to ensure the overall survival of the pack. This demands the utmost in discipline of military working dog handlers. The trainer must be constantly focused on the body language of the animal and the trainer must be part physiologist, part master and “Dad” and always in control of his emotions, said Larez. According to Bob Dameworth, program manager at DoD DMWD, in an interview

for Air Force News, a dog’s mere presence often deters criminal actions. The deterrent value of a military working dog boils down to a basic fear humans have of being bitten by a dog. According to Larez that is a healthy fear to have. A dog’s bite contains approximately 1,500 pounds of pressure. Larez describes the bite as similar to slamming a metal door, full force, on your hand while it’s in the doorframe. In addition to the aforementioned characteristic of German Shepherds and Belgian Malinois, the breeds selected for military working dog service, these dogs can smell... really smell. “The reason we have chosen these two breeds is because of their keen olfactory senses — their keen sense of smell; and their ability to rapidly adapt to situational and environmental changes,” Dameworth said. A dog’s sense of smell is thousands of times more sensitive than humans. He said that a recent test showed that dogs could detect a target odor at a level below the one-part-per-billion range, a capability which far exceeds any known mechanical detection device. This skill is utilized only after extensive primary training. According to Dameworth, military working dogs are in school for 80 days prior to certification either as drug-detection or bomb-detection dogs. Bomb dogs must gain a proficiency of 95 percent on finding hidden explosives, while drug dogs must attain 90 percent on finding planted drugs. Both do this after they have been trained for four weeks and certified as patrol dogs. “It’s like our Military Occupational School training, for them,” said Larez. Once they arrive at Miramar, each dog’s specialty of either bomb or drug detection is further refined and honed. But “a dog’s life” at Miramar is not about constant work and training.

FSNB

Marines conquer Navy SEALs obstacle course



Story and photos by
Cpl. Carolyn S. Sittig

PAO, MCAS Miramar

Nestled along the beach there stands wooden, metal and roped structures awaiting to oppose any who dare challenge them. For Marine Wing Communications Squadron 38 Marines, this is a challenge they readily accept and came looking for.

These Marines sought a chance to do the Navy Sea, Air and Land obstacle course at Naval Amphibious Base Coronado for the second consecutive year. MWCS-38 began running the course to challenge and motivate their Marines.

The squadron chose the SEALs' course because there is no obstacle course at Miramar, said Capt. Rich Bourgeois, MWCS-38 Headquarters Company commanding officer.

Prior to doing the course, the Marines did a beach run in boots and utes to the site. Then they parted into teams to run and complete the course.

The course held the infamous "Slide for

Life" many Marines experienced in boot camp and other obstacles such as "The Dirty Name" and "The Spider Wall."

Each obstacle had its own difficulties. For instance the Spider Wall, a wooden wall with two inch by six inch pieces of wood nailed to it, was rather challenging. Marines had to go from wood plank to wood plank to transverse the wall. Even the 40-feet high roped netting climb and high wall scaling did not daunt them.

"It was demanding and I was very pleased that Marine Corps Recruit Depot drill instructors were not aware of it (the course)," said Sgt. Daniel Williams, MWCS-38 Headquarters Company training noncommissioned officer-in-charge.

In the past, the squadron has participated in rock climbing, field meets, football, runs and swimming for challenging physical training.

Because of the physical and mental challenge the course provides for even the most fit Marines, Bourgeois hopes that Miramar will eventually have its own course, so units do not have to seek out courses elsewhere.



(Above left, right, respectively) Marines jumped over logs, scaled walls and performed rope swings during a recent trip to the SEALs' obstacle course at Naval Amphibious Base Coronado. "It was motiva-

tional and challenging to watch Marines overcome their fear of heights and obstacles requiring upper body strength," said Capt. Rich Bourgeois, MWCS-38 Headquarters Company commanding officer.



Education America

Flight engineer ... it's a job like no other

by Sgt. Kimberly L. Wilkie

PAO, MCAS Miramar

“It’s the best kept secret in the Marine Corps,” said Marine Gunnery Sgt. Anthony Villa, recently about his current job...a KC-130 flight engineer.

Villa, a flight engineer with Marine Aerial Refueler Transport Squadron 352 here, is usually sitting directly center, and slightly behind the pilot and co-pilot in the flight station of one of the Marine Corps’ oldest and hardest working aircraft.

The view this seat has given him over the years is remarkable. Besides seeing every state in the Union, except for North Dakota, New Hampshire, and Vermont, Villa has definitely seen the world. “Japan, Australia, Hong Kong, Korea, Okinawa, the Philippines, Columbia, Peru, Panama, Canada, Iceland, Germany, Italy, Scotland, England, France, Portugal, Egypt, Kuwait, Bahrain, Kenya, Somalia, Puerto Rico, Cuba, Haiti, Djibouti and Jordan,” said Villa, recalling the countries without much thought.

Flying to such places is all in a day’s work for a flight engineer, and according to Villa, flight engineers as well as the rest of the essential flight crew, get to spend quality time in these and other locations.

“We go to Hawaii all the time and when we do deployments in Alaska, we always try to find some time for fishing,” said Villa, as he flashed a wide smile. In spite of all the travel, the KC-130 community doesn’t deploy, at least not the kind of deployments most Marines are accustomed to.

“The longest I’ve been out is three months. We’ve had detachments out as long as four months, but that’s rare. They usually only go out like that once or twice a year,” he said.

Villa, a former support equipment mechanic and plane captain on F-4 Phantoms, first learned about the flight engineer position in a 1986 article in *Marines Magazine*.

“There was nothing going on where I was, no way to get promoted and I was bored,” said Villa. That all changed when Villa made his move into his current Military Occupational Specialty. In the hard to promote world of the Marine Corps, flight engineers pick up rank, rapidly.

“I was a sergeant when I moved [into the flight engineer MOS], the next year I was a staff sergeant. Two years later I was selected for gunny,” said Villa.

See **Flight Engineer**, Page 11



Gunnery Sgt. Anthony Villa, flight engineer with Marine Aerial Refueler transport Squadron 352, monitors and controls the in-flight refueling system of the KC-130. In addition to fuel systems, flight engineers are able to troubleshoot every system on the aircraft. The faithful “Hercules” provides fixed-wing and rotary-wing aircraft with a “flying gas station” and allows pilots to fly to their limits, instead of being limited to how much fuel they can carry. Most often Villa flies during the day and comes home to his wife and family at night. The Marine Corps is currently seeking qualified applicants who are interested in this exciting and fast promoting career.

photo by Sgt. Kimberly L. Wilkie

SBS can cost more than a trip to doctor

by Sgt. Jackie Poucher

PAO, MCAS Miramar

Sometimes well-intentioned, responsible people who would never dream of hitting their child think nothing of giving a small child a “good shaking.” The punishment is considered harmless, but in reality shaking a baby, if only for a few seconds, can injure the baby for life.

Because of this, Shaken Baby Syndrome is another form of child abuse that will be focused on during Child Abuse Prevention Month.

The sudden shaking motion of an infant or toddler causes the baby’s fragile brain to slam within the skull cavity, bruising the brain tissue. The brain swells, creating pressure and leads to retinal (back of the eye) bleeding that can cause blindness, according to the American Academy of Pediatrics. A baby’s brain, along with the blood vessels feeding the brain, is fragile and underdeveloped. Therefore, when a baby is shaken, the brain ricochets about the skull causing the

blood vessels to tear away and blood to pool inside the skull leading to additional brain damage or abnormalities. This happens because babies’ heads are large and heavy, making up about 25 percent of their total body weight. Their neck muscles are too weak to support such a disproportionately large head.

“Jerking or violently shaking of a baby is equal to dropping a baby headfirst onto a hard surface from a height of 10 feet. When a child is shaken in anger and frustration, the force is multiplied five or 10 times more than it would be if the child had simply tripped and fallen,” said Tania Monahan, therapist and MCCS Counseling Center prevention education specialist here. This form of abuse is fatal in one of four children. An estimated 50,000 cases occur each year in the United States, according to the American Academy of Pediatrics.

Shaken Baby Syndrome usually occurs when a parent or other caregiver shakes a baby out of anger or frustration, often because the baby won’t stop crying. Ignorance

of the dangers of shaking is a contributing factor as well, said Monahan.

“Parents need to be aware of the severe injuries that shaking a baby can cause,” said Monahan. Depending on the shaking, consequences may include seizures, partial or total blindness, paralysis, mental retardation, or death. In cases of less violent and sometimes chronic shaking of a young child, long-term outcomes can include attention deficits and learning disabilities, she said.

If the child survives, medical bills can be enormous. Initial hospitalization is estimated at \$75,000 to \$95,000. The victim may require lifelong medical care for brain injuries such as mental retardation or cerebral palsy. The child may even require institutionalization or other types of long term care.

Prevention efforts to educate remain the key component in decreasing the incidence of SBS. Most of the initial prevention efforts focused on educating new parents, but over the past couple years, more emphasis has been placed on the male population, which is considered one of the highest risk groups. Child care providers, another concerning risk group, need to have mandated child abuse training that includes SBS education before they begin caring for children, said Monahan.

Efforts to educate remain strong throughout other areas of the community as well. Positive parenting practices have also been emphasized in agencies such as Parents Anonymous. However, there still remains a need to educate other groups with the same intensity, including professionals in the areas of childcare, social services, medicine, and law, said Monahan. Specifically, physicians need medical training on abusive head trauma, including recognition of early signs and symptoms so children are spared from serial shaking.

“If you or a caregiver severely or violently shakes your baby because of anger or

Learning to cope with a crying baby

When a parent or caregiver becomes frustrated with a baby or young child, the following should be tried:

- Meet the baby’s basic needs: feed, change, make comfortable, etc.
 - Check for signs of illness, such as a fever or swollen gums. If signs are present, call your physician or administer proper care based on the symptoms.
 - Rock, walk or dance with the baby.
 - Take the baby for a ride in a stroller, or in a car seat in the car.
 - Put the baby in a wind-up swing.
 - Swaddle the baby snugly in a soft, warm blanket.
 - Check to make sure that clothing is not on too tight, or that fingers or toes are not bent.
 - If you are frustrated and need a break, put the baby in a playpen or crib. Go to another part of the house and do something to calm down.
 - Turn up the music on the stereo. Run the vacuum. Turn on the dryer, or let water run in the tub for a few minutes. Babies enjoy consistent rhythmic noise.
 - Sing or quietly talk to the baby.
 - Offer the baby a noisy toy - one that shakes or rattles.
 - Put the baby in a soft front carrier close to your body and breathe slowly and calmly. The baby may feel your calmness and become quiet.
 - Give the baby a pacifier.
 - Lay the baby tummy down, across your lap and gently run or pat his or her back.
 - Try giving the baby a bath. The warm water might be calming.
 - Massage the baby’s body and limbs gently or tickle soft circles on their face.
 - Call a friend or a relative you trust to take over for a while. Then get away. Get some rest and take care of yourself.
 - If nothing works, put the baby on his or her back in bed, close the door and turn up the TV or radio. Check on the baby every 10-15 minutes.
 - Take 10 deep breaths, and then take 10 more.
 - Do something for yourself. Play your favorite music. Make a cup of coffee or tea. Exercise, take a shower or read.
 - Get away from the baby before you lose control. Never touch a child in anger.
- Call a crisis hotline – Childhelp USA (800-4-A-CHILD); National Committee to Prevent Child Abuse (800-CHILDREN).

Advance Checking

See **SBS**, Page 11

Child development ...

Strong connections lead to healthy connections

by Nancy Hotchkiss, RN, MA

Project Director, Marine Corps’
New Parent Support Program

Recent research has been looking at the relationship between parenting and early brain development. What this research points to is that strong connections to people lead to healthy connections in the brain. What is called “attachment” which is the learned bond of affection between child and parent, may be the foundation for subsequent brain development.

At birth, the brain is the most immature organ in the body. In other words, the heart is exactly as it will be for the adult. The heart will just grow larger. The heart will not actually change in structure or function. Other organs are mature in the same sense at birth. The brain, however, changes greatly with development. The brain is composed of many individual cells called neurons. The majority of the functional connections between these cells will be made between birth and three years of age. The kinds of connections are effected by the infant’s experience of the world. The principle is “neurons that fire together, wire together.”

A simple example is feeding. In the infant especially, the connection between the brain and the world is through the senses. The senses of touch, taste, smell, sound, and sight are all stimulated at the same time. Moreover, the internal sense of food going into the stomach, the soothingness generated by eating, the sense of the bodily movements of sucking or perhaps moving to track the nipple are also experienced. Those neurons that have been activated at the same time will begin to develop actual physical and biochemical connections with each other. The infant’s experience of this is to associate feelings of soothingness and pleasing sense experiences with eating and with the person doing the feeding. That association, that

wiring together of those neurons, is a form of memory. Infants are born able to remember in this way. The more often the need of hunger, for example, is responded to in this soothing way, the stronger will be the memory of soothingness and the attachment to the parent.

“Attachment” is the term used for the bond of affection and connection that develops between an infant, mother and father. Although attachment goes on all one’s life, the critical period in terms of brain development is from about six months to about eighteen months. The significant event of attachment is based on the brain’s developing ability to form a mental model of the caregiver. When the brain is able to form this model then the infant is increasingly able to soothe himself by means of this model. This ability gives the then mobile infant the security to go out and explore the world. A secure attachment is the development of a model of trust that needs will be met, that the child will be cared for, kept safe, and loved.

In research done on attachment, secure attachment model the following example: The parent, the infant, and a stranger are in a room that also has toys. The parent leaves. The infant becomes distressed. When the parent returns, the infant seeks out the parent for soothing, becomes easily soothed and is able to return to play which is exploration and learning. The infant can demonstrate attachment that is not secure in several ways. The infant may not show signs of distress when the parent leaves, the distressed infant may not seek out the parent for soothing upon the parent’s return, or the infant may not be able to be soothed and return to play. Insecurely attached infants experience the world in an anxious or uncaring way. All other learning and brain development is then impacted by the lack of foundation of trust. Think of how it is to learn anything while upset.

Parents can promote secure attachment with infants. Also by meeting the infant’s needs in a calm manner, by providing lots of loving stimulation through touch, sight, and sound, that is lots of cuddling, eye contact, speaking to the infant in a soothing voice. Parents need to avoid any kind of sense experience that is frightening or unsettling for the infant. Parents need to learn the individual non-verbal cues of the infant or child and respond to those cues. Parents also need to tune into the state of the infant or child, be that state distressed, excited or joyous and respond to that state. Another hallmark is

the ability to note when the connection with the child is stressed and bring that connection into a state of repair. A parent can do this by apologizing if he or she has caused the disrepair. The parent’s attachment experiences will impact on his or her ability to provide secure attachment for the child. Secure attachment leads to the child being better able to deal with life stresses, better able to regulate emotions, more empathetic and better able to provide secure attachment

See **Children**, Page 11



photo by Sgt. Kimberly L. Wilkie

300 PFT score sound impossible?

Attend the Semper Fit brief, Tuesday from 8-9:30 a.m. at the Base Theater and learn how you can increase your PFT score. This brief will cover: Running drills and plyometrics, weight lifting and training techniques for pull-ups and re-

sistance training and variations for abdominal workouts. The brief will also cover stretching for enhancing performance and injury prevention. Experts will be on hand to demonstrate and answer all your questions.

*Get awesome abs,
powerful pull-ups and a rapid run!*

Universal Pictures

Gen. Dake,
continued from page 2

payers” as they have been for the past several years, the ACMC said. “For many years now we have shifted funding from bases and stations to maintain the readiness of operating forces,” he said, noting that the Congressionally approved budget now allowed room to more adequately fund bases. The general marked improvements to Bachelors Enlisted Quarters as a priority use of these new funds.

“Our Marines ought to be seeing top-notch BEQs by 2004,” he said.

The general also praised the leaders for their efforts which have helped the Corps greatly reduce the First Term Alignment Plan deficit from 14 percent to about three percent below schedule in about 90 days.

“It was solved because the leadership of the Corps, the SNCOs and officers, got together and responded to the challenge,” he said. The general also noted the Corps is regularly composed of 68 percent first term Marines. Retaining these Marines is key to reducing the requirements of an already vigorous recruiting effort.

Headquarters Marine Corps has also succeeded at keeping more Marines in the ranks by reducing the number of Marines who leave the Corps before their end of active service by nearly 22 percent. Additionally, about 2,100 civilian billets have been created to release Marines assigned to the Fleet Assistance Program back to the billets in their intended military occupational specialty, according to the general.

After fielding several questions, the general concluded with a reminder of the importance of each Marine’s role in the Corps’ success, namely the role of leadership.

“We need good, new Marines. They need to be led,” Gen. Dake said. “Challenge them. Make them strive to be like you.”

“As leaders you need to be informed about the challenges ahead and say to yourself, ‘I know where we have to go, and I’m going to take my unit up to that level,’” he said. The general, in closing remarks, recounted the response of former Assistant Commandant of the Marine Corps, Gen. Walter Boomer, when asked how his Marines fought so well across the desert in the Gulf War. “Each Marine kept his head straight and took control of the 200 meters in front of him,” Gen. Dake recalled the general

saying.
“When the individual Marine takes control of what is in front of him, we can achieve anything,” he concluded.

USS Tarawa,
continued from page 2

Marine Attack Squadron 214 Harrier pilot Capt. Lee Saugstad.

“We came, we saw, we had fun,” said Commanding Officer of the Special Purpose MAGTF San Francisco Lt. Col. Matthew P. Schwob. After the ships docked in San Francisco, Marines and Sailors, officers and enlisted, emerged onto the scene in the Bay area Friday night in their distinctive Alpha and Service Blue Dress uniforms.

If the sight of more than 2,000 Marines and Sailors in service dress uniforms didn’t capture the attention of the local citizens, the presence of the Amphibious Ready Group was made known to the Bay area as one local television station used the *USS Tarawa* as its backdrop for the nightly weather report.

Additionally, KMEL, a local hip-hop station, brought its van and did a live broadcast from the ship. While the ships were in dock, during the three-day port visit, nearly 4,000 people came down to visit the ARG ships. “The static display guys did a great job,” said Schwob. San Francisco KGO AM 810 talk radio producer Ted Mueller came down to visit, not in an official capacity, but to come out and just see the ships and the crews.

“I’m a big supporter of the military and I came down to pay my respects to a great ship and a great crew. I’ve always wanted to see one of these amphibious war ships... It’s pretty amazing,” he said.

Schwob said he was very pleased with the performance of his Marines overall.

Volunteers,
continued from page 1

what they do because they see the need and enjoy helping others. Cindy Kampen, wife of a Marine assigned to Marine Medium Helicopter Squadron 166 (Reinforced), a volunteer of the Key Wives Network, said she

began volunteering to keep herself informed and help other wives with the same information. She said volunteering is a lot of work, but it is important to have volunteers to help out when the Marines are away on deployment. Another HMM-166 (Rein) Key Wife Volunteer, Laura Levreault said the training she received as a Key Wife Volunteer was very helpful.

“When you can’t reach your husband and things are happening, you’ve got to be strong,” said Levreault. She said during the four days of volunteer training she learned about the many organizations and programs in place to help service members and their families, and how to use them as a resource. Knowing where you can get information and assistance when needed helps military spouses cope during times of separation and in times of crisis, she said.

Both Kampen and Levreault said they continue to use their experience and knowledge to help other Marine spouses.

One of the air station’s longest serving volunteers is Connie Lane. She has volunteered in various capacities aboard Miramar for nearly 24 years. A retired laboratory technician, Lane has volunteered in the Pharmacy at the Branch Medical Clinic for the past 14 years. She said she volunteers because it makes her feel good. Lane said she enjoyed what the military gave her family during her husband’s 30-year military career and just wanted to give something back.

However, Lane said her husband is urging her to retire at her 25-year mark. Although she is unsure if she will retire from her volunteer position, she urges others to step up and enjoy the satisfaction the volunteer experience brings.

Honor,
continued from page 4

he shared the story with the Commandant of the Marine Corps.

The point of these two very different stories is this. We as Marines must always do our very best to do the right thing. It is expected of us each and every time that someone “calls the Marines for help” in war or peace.

If any of the Marines had been anything but the professionals that they were when this gentleman called, this story might have turned out like the first one I told you, but it didn’t. Every Marine involved in this story, from the very first Marine the father spoke to, to Staff Sgt. May, conducted him or herself with professionalism and the high standards that have made the Marine Corps so very famous. I was and still am very proud of each and every one of them who had a hand in making the request of a fallen warrior’s parent come true.

When you answer the phone or are selected for a detail, you never know who is on the other end or who is watching you or the perception they are forming in their minds of you and of our Corps. By always striving to do the right thing, you will ensure they always leave with a positive image of you and the Corps you so proudly serve. When we go to do a detail that honors our veterans or lays them to rest, it is more than just a detail that must be performed. It is our duty to do it right. Not because we have to, but because it is the right thing to do.

You and your shipmates across the Force represent more than just our Corps at those ceremonies. You represent all that our nation stands for. The Marines must always do it right. Please remember that when you are called to assist in any ceremony you are tasked with always conducting yourselves with all the bearing and poise you can muster. It means so very much to the family of the fallen warrior. Remember that you only get “one shot” at doing some things right in this lifetime. Make sure you are in the “X” ring. Semper Fi.

Free MCCS

Movies

•Today: *The Whole Nine Yards (R)*, 6:30 p.m.; *What Planet Are You From (R)*, 8:30 p.m.

•Saturday: *Drowning Mona (PG-13)*, 6:30 p.m.; *Hanging Up (PG-13)*, 8:30 p.m.

•Sunday: *Toy Story 2 (G)*, 1 p.m.; *Pitch Black (R)*, 6:30 p.m.

•Monday/Tuesday: closed

•Wednesday: *Drowning Mona (PG-13)*, 6:30 p.m.

Flagship Capital

USIU

K9,
continued from page 6

While the daily care and feeding of each dog is punctuated with monthly medical exams and semi-annual dental check-ups, the dogs also have regularly scheduled “playtime.”

Additionally, according to Sgt. Scott W. Pine, military working dog handler with Miramar’s K-9 unit, handlers will often come visit the dogs on their off time and on weekends to give the dogs more unstructured “play.”

“Those dogs get more attention than most pets,” said Scott.

Time spent in their kennels may seem “unloving,” to the uneducated observer, but according to Larez, the eight by 10 kennel provides the dogs a place to decompress. All training stops when the dog goes into his space,” said Larez. “It’s his domain.”

According to Larez, the dogs must be extremely well cared for to ensure their constant and willing cooperation in the ongoing mission asked of them.

Flight Engineer,
continued from page 8

Right now, after only five years as a gunnery sergeant, Villa is now in the zone for master sergeant. But, the life of a flight engineer is not all about promotions, perks and good times. It begins with a rigorous year-long school and extensive on-the-job train-

ing. According to Villa, the formal school gives flight engineers, “an intimate knowledge of the entire aircraft.”

“The school gives you about 60 percent of what you need to do your job,” said Villa. “But, on-the-job training is what really gets a flight engineer up to speed.”

After graduating, flight engineers are qualified to fly, but will spend many hours being observed by their fellow flight engineers. “It’s not easy. You have to want it,” said Staff Sgt. Craig A. Ramirez, one of Villa’s fellow flight engineers at VMGR-352. “The [OJT] course is self-paced. If you don’t want it, if you don’t have the drive, you won’t make it.”

Their familiarity with the aircraft allows them to analyze and troubleshoot problems during flight and make recommendations to the aircraft commander.

However, flight engineers by no means operate alone. The KC-130 community is a tight knit group who work very closely together to make sure these aircraft make their never ending multi-faceted missions.

Any questionable observations of the aircraft, made by anyone from ground mechanics to the aircraft commander, go to the flight engineer. Everyone working with or flying on the aircraft is encouraged to speak his mind.

“The more eyes on the aircraft, the better,” said Villa. “That’s the way we work around here. One of the reasons we haven’t had a Class A [casualties and/or damage over \$1 million] incident on this aircraft in so

long, is because the whole aircraft is constantly being questioned by someone. Everyone gets involved.”

Currently, the Marine Corps is looking for individuals with both the desire and aptitude to come into this exciting, demanding and challenging field. Any Marine interested, who possesses a strong mechanical background, should contact his career planner before this window of opportunity closes.

SBS,
continued from page 8

frustration, the most important step is to get medical care right away. Immediately take your child to the pediatrician or emergency room. Don’t let embarrassment, guilt or fear get in the way of your child’s health or life,” said Monahan. “If your baby’s brain is damaged or bleeding inside from severe shaking, it will only get worse without treatment. Getting medical care right away may save your child’s life and prevent serious health problems from developing,” she said.

Be sure to tell your pediatrician or other doctor if you know or suspect that your child was shaken. A doctor who is not aware that a child has been shaken may assume the baby is vomiting or having trouble breathing because of an illness. Mild symptoms of Shaken Baby Syndrome are very much like those of infant colic and feeding problems. Your pediatrician should have complete information so that he or she can treat your child properly.

“Remember, no matter how angry or frustrated you feel never shake a baby, ever,” Monahan said.

Children,
continued from page 9

later in life.

So what about the impact of the military on attachment? Secure attachments can occur even in the face of deployments and separations. Key elements are these: The infant and child’s experience of the separation will depend on how well the needs are met in the absence of one parent.

If the remaining parent continues to meet the child’s needs in a calm, caring way and if the lifestyle does not go through confusing or frightening changes, the child will probably remain secure.

Providing those sense experiences of the absent parent will help: a picture, a tape of the voice, a calendar with the days marked. The at-home parent can constantly remind the infant and child of the parent who is away. The wonderful news about brain development is that the brain is very plastic and capable of change.

The child, though requiring some time, will adapt to reunion and restore attachment if the child’s needs are continuously met in a calm, caring way.

For further information and support for parenting, please call the Marine New Parent Support Program at (619) 524-0805 or (858) 577-9812.